

FOR IMMEDIATE RELEASE

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Managing Stress, Grief, and Loss

GLENDALÉ, Ariz. – Professor Susan P. High of the Glendale Community College Counseling Department will present “Managing Stress During Times of Loss and Life Transition” in the upcoming “Visiting Professor” at 7 p.m. on Wednesday, October 25 in the Auditorium of Glendale Public Library, 5959 W. Brown St.

Picking up the pieces after a life-changing tragedy is never easy, but there are methods that can make it less difficult. After debunking some of the myths surrounding grief and loss, Professor High will share concrete strategies for regaining or strengthening emotional well-being. Come learn the secrets to surviving and even thriving during the challenging times in life.

The program is free. For more information, please call 623-930-3550.

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